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ABSTRACT

The document provides summaries of 53 programs from around the country demonstrating innovative approaches to identifying needs and developing and delivering services and materials to families. Chapters are organized according to broad themes which underlie their programs' design. Chapter 1 (10 programs) examines programs which explore informal service approaches and the use of natural support systems. Chapter 2 (16 programs) concerns programs which focus on particular groups' needs. Among these are children of families in crisis, hospitalized children, retarded children, persons with multiple sclerosis, children with spina bifida, and single parent families. Chapter 3 (11 programs) focuses on programs which address issues of the parent-child relationship. The last chapter (16 program) describes programs which seek to help the family develop as a strong adaptable unit. Program descriptions include program name, address, contact person and phone number, source of nomination, and a several hundred word description. A subject index to the programs is also provided. (DB)

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Promising Practices: Reaching Out To Families

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U. S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Office of Human Development Services
Administration for Children, Youth and Families
Office for Families

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FOREWORD

The Office for Families, within the Administration for Children, Youth and Families, is pleased to make this publication available. It is intended, primarily, for those interested in sharing some creative ideas about services to families.

Promising Practices: Reaching Out to Families pulls together selective efforts of various groups involved in identifying and dealing with concerns of families. Across the country, these groups are engaged in developing and delivering services and materials to help meet family needs. Educational, emotional, environmental, financial, physical, and social problems are looked at from the prespective of family involvement. We have attempted to highlight a variety of creative and innovative approaches being utilized in resolving these problems.

The Office for Families contacted major national organizations and groups across the nation that have an expressed interest in services for families. We asked them to assist in identifying local programs which demonstrate a unique approach in reaching families or provide services to families in an exemplary manner.

In addition, we sent letters to the Departments of Social Services in each of the 50 States, Puerto Rico, and the Territories asking them also to identify commendable practices in their regions.

The Office for Families conducted a review and analysis of all of the responses and selected the 53 practices incorporated in this publication. We received far more nominations than we were able to include in the publication. Therefore, every effort has been made to select as complete a cross-section of programs as possible, including programs for rural, urban, migrant, minority, and various age groups. We wanted to cover both privately and publicly funded programs and we sought to highlight some volunteer efforts.

We are grateful to the many people and organizations outside government that provided valuable assistance and recommendations in preparing the publication. In addition, I would also like to express appreciation to Sheryl Brissett and Christine Browne from the Office for Families, and Dorothy V. Harris, Special Assistant to the Commissioner, for their commitment and dedication to this project.

Martha Kendrick

Martha Kendrick
Acting Director
Office for Families
Administration for Children
Youth and Families
Office of Human Development
Services

INTRODUCTION

This publication documents a trend involving working with families. From a period when nearly all the institutions of American society focused on the individual--individual fulfillment, individual problems, individual patients or clients--the past two decades have seen a great renewal of interest in supporting and working with families. This change, based on a new appreciation of the family's value, has been promoted by political, business, and religious leaders. It has been demanded by families from all segments of society, and it is being demonstrated throughout the country in the programs of schools, churches, banks, courts, factories, stores, and public and private agencies which serve human needs.

Such change requires creative effort, as people in all fields seek ways to improve and adapt their services. As this work often goes unnoticed, many a "promising practice" is never widely considered. When new program ideas are publicized, those ideas tend to be communicated more to others working in the same field; related groups of professionals often have little professional contact. Not only may good ideas go unrecognized, they also may be duplicated by other creative people at a great expenditure of effort. This publication is intended to contribute to sharing ideas about family-oriented programs.

The programs share two characteristics: a perspective which recognizes the importance of families and a creative approach. They have been selected because they represent innovative efforts which are occurring throughout the country. Since a complete catalog of programs sharing approaches used in these examples would require years of research, many exciting efforts are not included.

While a decade ago the inclusion of family-focused services in any program represented innovation, the speed with which family-oriented programs have proliferated has made a family orientation common in many kinds of service. The programs listed here demonstrate a family approach to situations which are often treated without one.

Chapters are organized according to broad themes which underlie their programs' design. Chapter I examines programs which explore informal service approaches and the use of natural support systems. Chapter II concerns programs which focus on particular groups' needs. Chapter III describes programs which address issues of the parent-child relationship, and Chapter IV explores programs which seek to help the family develop as a strong, adaptable unit.

The brief program descriptions are not intended to give the reader a complete picture of each program. Indeed, only enough information has been provided so that the reader can decide which programs merit followup. The reader is encouraged to make direct contact with program personnel. Such contact will not only provide specific information but also will offer opportunities for an exchange of information and ideas which may lead to creative efforts by resource persons and callers.

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CHAPTER I. INFORMAL SERVICES

In the last 20 years, the recognition of the family's importance has stimulated an overall concern for informal, natural sources of support. Neighborhoods, friendship and kinship networks, and other social groups, as well as families, have been studied in recent years and have been utilized in innovative service delivery systems. At the same time, programs have experimented with delivery of services directly in the home, involving all family members and adapting services to the family's circumstances.

Many reasons are cited for the apparently greater effectiveness of informal service delivery programs. One important factor is the receptiveness of the individual or family served. Programs using paraprofessional home visitors have repeatedly found that these visitors were less threatening and more easily accepted than more highly trained persons who shared fewer common experiences with their clients. Many families seem to resist the use of formal services because of beliefs in the importance of self-sufficiency, or because of reluctance to involve strangers in the personal details of their family life. Such values make it easier to accept support from less formal sources.

The programs described in this chapter all involve, in some way, a shift toward less formal services which respect and work with natural support systems which have traditionally provided help when needed. They differ greatly, however, in the ways they adapt this shared perspective.

1. Adopt-A-Grandparent Program

Youth Program Division
Women's Missionary Society
of the African Methodist Episcopal Church

c/o Dolly Adams
6209 Stoneham Lane
McLean, Virigina 22101
(301) 442-0261

Contact: Dolly Adams

Nominated by: African Methodist Episcopal Church

In the Adopt-A-Grandparent Program, youth and their families have the opportunity to make an unrelated elderly person a member of the family.

The old model of multigenerational family life is disappearing. Many elderly live alone; many children never know their grandparents. Children miss an opportunity to gain a complete perception of human growth and development. Understanding, caring, and assuming responsibililty for the needs of others can be learned by children who assist the elderly members of their neighborhoods.

This program provides this opportunity. Under the guidance of the African Methodist Episcopal Church, youth are prepared in workshops conducted by social and geriatric workers who answer the questions of the young people. They often want to know about the needs of the elderly, how to relate to grandparents, and what the limits of interaction with older people will be. Most of the participating youth are aged 13-18. When they are younger, their parents are directly involved in all the activities.

The youth, who belong to the congregation, seek out elderly people without families, living in their neighborhoods, who may or may not attend the church. Chores such as lawn mowing, shopping, and errand running, as well as social visits and telephoning to talk, occur several times a week, if not every day. Some youth groups adopt groups of grandparents while some adoptions are one-to-one.

The adopted grandparents share meals, holidays, and activities with the youth's family. This provides the adopted grandparent and the entire family with a wonderful learning and sharing experience.

2. Energy Education for Limited Income Families Program

Cooperative Extension Service Home Economics
Division of Home Economics
Oklahoma State University
Stillwater, Oklahoma 74078

Contact: Sue Williams
Energy Management Specialist
(405) 624-6825

Bonnie Braun
Family Resource Management Specialist
(405) 624-6231

Nominated by: Cooperative Extension, Oklahoma University

Choctaw County, Oklahoma, is a place where keeping warm in the winter has become a family activity. In this predominantly rural county, family dwellings are frequently substandard, with dilapidated paper sidings, old and broken asphalt shingles, and worn-out linoleum floors revealing the damp earth below.

The county's 1970 population was 15,1?1, with a median income of $4,790, representing one-third of the population below the poverty line. Of the 5,960 housing units, 1,347 lack all plumbing and 2,165 were built during or before 1939. Some 3,549 dwellings are owner-occupied, with a median value of $5,100. The program has delineated two low-cost concepts for reducing family energy use in the home and increasing the comfort and well-being of family life: 1) physical changes in the house, and 2) behavioral changes of the inhabitants. Teaching low-cost ways of handling energy problems has involved generating a new consciousness among these families.

The program began by selecting seven members from the client community. This paraprofessional staff was trained to show (and not just tell) the methods for making family life warmer. These aides were paid $3.50 an hour for 30 hours a week. They spoke to community groups, especially churches, and went door-to-door. They found 2-inch gaps under front doors and holes in the walls where the heat rushed out. They showed families how to fill holes and caulk over them, block doorway gaps, and line window frames with plastic, all at low or no cost. They explained to parents that all family members could buy sweaters at thrift stores for 25¢ to $1, use the arms for leggings, and the rest of the sweater as a warm vest. Families became involved in improving their living situations together. Children often worked to make energy-use changes in their family living styles. Studies have demonstrated that 85 percent to 99 percent of the families receiving this education will do these things on their own in following winters. In 3 months (autumn, 1980), seven inexperienced community members supervised by two specialists contacted 788 families. The estimated cost was $65 per family.

3. Family Life and Counseling Unit

The Holyoke Boys' Club
70 Bond Street
Holyoke, Massachusetts 01040

Contact: Ken Salvas
Team Director
(413) 534-7366

Nominated by: Boys' Clubs of America

This program represents a departure from the traditional boys' club image. Staff members decided a few years ago that the 80-year-old club should begin to work with families of troubled youth, rather than only with the individual child. This change in focus has been enthusiastically supported by the community and the new Boys' Club program, the Family Life and Counseling Unit, has been quite successful in helping troubled youth and families.

In its first contact with a newly referred case, the Family Life and Counseling Unit asks parents, siblings, and any other closely involved relatives to visit and discuss the situation. The initial problem assessment requires two sessions. Videotapes of the two family interviews are later reviewed for an evaluation of family strengths and needs, and an individualized program is developed for each family. According to particular family needs, the program may focus on economic issues, alcoholism, family violence, or other problem areas. Family therapy is employed wherever appropriate. Staff members work with family members individually or in therapy groups. Families are seen at least once a week, and the staff establishes concurrent contact with schools and other community organizations which involve client families.

Families have been quite receptive to involvement in the program. The Boys' Club has a long-standing community reputation as a helping program, and yet it is not identified as a mental health or correctional facility. The staff, finding this community identity important in its work, avoids referring families to outside agencies whenever possible. Although the composition of the five-member staff makes this relative autonomy possible, staff members work closely with welfare, court, and school officials when appropriate.

The budget is $79,000 a year, serving 80 to 90 families yearly. Most clients are in single-parent and/or low-income families. More than one-third of the client families are Hispanic, and two staff members are bilingual.

4. Family Outreach

509 Lawrence
Suite 201
Corpus Christi, Texas 78401

Contact: Paula Rosenstein
(512) 888-5708

Nominated by: State of Texas Department of Human Resources

Only one paid staff member is involved in this child abuse and neglect prevention program. Volunteers who complete an intensive training program deliver all direct services, while a Texas Department of Human Resources staff member screens and assesses cases and assigns them to individual volunteers. Many intensive service clients are self-referred parents who are fearful of abusing their children. The Human Resources Department, Red Cross, and other agencies also refer families to the program.

Family Outreach cosponsors groups, taught by the Red Cross, for new mothers. It also conducts parenting classes based on Systematic Training for Effective Parenting (STEP), a commerical curriculum.

Each volunteer's 12 hours per month are divided among office and telephone duty, outreach activities (talks to civic groups, film and discussion presentations at high schools) and making regular visits to homes of one or two families. The volunteer's role with the family is always low-key, nondirective and supportive, much like that of a relative. The volunteer acts as an information resource person, sometimes providing transportation so a family member can go to a counseling appointment.

Volunteers administer the program and provide services, which keeps the yearly budget down to $24,100 for services to an average caseload of 40 families. The high quality of the training program, conducted through the volunteer efforts of professionals in the community, is a major factor in attracting volunteers and guaranteeing effective service.

5. Homebuilders

Catholic Community Services of Tacoma
5410 North 44th
Tacoma, Washington 98407

Contact: Dr. Jill Kinney
(206) 752-2455

Nominated by: State of Washington

Homebuilders is an intensive crisis intervention program for families in which one or more members are likely to be placed in a foster home, psychiatric facility, or other institution. The program provides a Masters-level therapist in the home as long as such assistance is needed--most often for a minimum of 6 weeks. Therapists serve no more than two families at one time. While they do not live with the family, they are available to a family on a 24-hour, 7-day basis. Since its inception in 1974, the program has grown to involve 15 therapists working in two offices, one in Seattle and one in Tacoma. Families are referred to Homebuilders by social service offices.

Supports for a family consist of "doing whatever needs to be done." The therapist may cook meals, provide transportation and child care, and clean house while also organizing family activities to teach ways of structuring time and providing opportunities for all family members to talk together.

Initially, many families are too disorganized to make effective use of outside resources, and efforts are focused on bringing the family to a point where they can begin coordinating their own use of services. Home-based service continues until the crisis has passed, which can be several months.

Funding is provided by the State of Washington and Title XX; earlier support was provided by a foundation grant. Costs are computed on the basis of individual placement cases prevented. Therefore, the per case cost of $2,000 is not a per family cost, as one family could have several individuals at risk of placement.

6. Lower East Side Family Union

91 Canal Street
New York, N.Y 10002

Contact: Alfred Herbert
Executive Director
(212) 925-0728

Nominated by: State of New York

In the early 1970's, social service agencies working in the Lower East Side of New York united in their concern over the high rate of foster home placements. The problem appeared to be not so much a shortage of services as one of reaching families early and ensuring that they made effective use of the resources available to them. A new kind of program was proposed, one which focused on preventing family breakup and out-of-home placement instead of responding after such a crisis had occurred. The Lower East Side Family Union (LESFU) was founded to perform the needed functions of outreach and service coordination with these multiproblem families. Its success rate is impressive. Of 400 families served per year, there are an average of only 17 foster care placements, and most of these placements are for 3 months or less.

The program operates in four small neighborhood centers, each staffed with a team reflecting the neighborhood ethnic identity. Outreach efforts are continuous, including an occasional door-to-door campaign. Workers, nearly all from the area, seek to become known within their communities. Once a family is identified for service, a social worker meets with the family to assess strengths and needs and develop a tailor-made service plan. Working out details in joint sessions with various agencies and the family, staff members secure agreements as to what will be done and by whom. The program then monitors the family's experience with the services selected. Each family's plans are reviewed and updated quarterly, with the goal of helping the family to become independent of the agency. Eighty-five percent of families served have successfully ended their involvement with the Lower East Side Family Union in an average of 2 years. The program costs about $1,400 per year per family.

The general agency policy is to act as broker for services instead of as provider. A crucial element in the agency's success, however, is the one exception to that rule: the inclusion of homemakers on each service team. LESFU's homemakers are on call for immediate response to any family crisis, whether this means cooking a family meal when needed or providing emergency child care. This immediate assistance, when combined with other long-range programs, enables a family to establish continuity in the household and stop living from crisis to crisis. The homemakers are strictly a short-term resource. They refer long term needs such as invalid care to other agencies which are staffed for such services.

7. Neighborhood and Family Services Project

7 South Wolfe Street
Baltimore, Maryland 21231

Contact: Margaret Hart
(301) 327-3244
or
Carol Symons
(301) 327-0447

Nominated by: National Center for Urban Ethnic Affairs

Originally created as part of a Federal research effort on the development of neighborhood helping networks, this project in Southeast Baltimore grew into an organization which lives on despite the loss of professional staff and external funding. Organizers began in 1976, identifying community needs and resources. As natural helpers were identified in the community, they were gathered into a task force with a mission of developing a Family Day picnic. The picnic, now a tradition in the neighborhood, succeeded in bringing the neighborhood closer together. Other task forces, some with professional members, were organized to implement additional ideas generated by the community.

The Baltimore project goal has been to create and nurture linkages throughout the community, including those between professional service providers and their natural helper counterparts. Remaining in an advisory position, the project staff allowed the neighborhood network to develop its own leadership which remains responsive to the community. The project currently sponsors a hotline, run from homes; a monthly meeting of clergy, professionals from various agencies, and natural helpers who share case presentations as peers; a new visiting/support program, "Peace at Sundown," working with families of the dying and deceased; and a monthly bus outing for elderly and disabled shut-ins. A mental health task force provides guidance to two community psychiatric clinics. All funding for activities comes from donations and the proceeds from items sold at the annual picnic.

8. Plant-A-Patch Project

Expanded Food and Nutrition Education Program
Cook College
Rutgers University
New Brunswick, N.J. 08903
(201) 881-4534

Contact: Patricia Q. Brenner
Extension Home Economist
(202) 881-4534

Nominated by: Department of Home Economics
Cook College

In the Plant-A-Patch project, families learn that garden projects can change the quality of their lives.

For 2 years, more than 150 youngsters have been planting gardens in the urban areas of Paterson and Passaic, New Jersey. The gardens are on housing project grounds and rooftops, in backyards, and on the grounds of public libraries.

Approximately 20 adult volunteers are recruited and trained each year (averaging one per garden) by the cooperative extension agricultural agent. Paraprofessional nutrition aides, who work in the communities with low-income families, recruit adult family members to prepare the soil, plan and plant the gardens, and distribute the harvests.

Through active involvement and instruction, the nutritional quality and adequacy of diets of participating low-income families is improved. Family members try new vegetables and new cooking methods. They share new recipes for nutritional meals. Youngsters bring the excitement of their gardening experiences home and involve their families. Many parents learn from their children and are anxious to volunteer for the connected training program.

The program cost includes the staffing cost of the professional extension home economist and agricultural agent's time, and that of the nutrition aide's time in recruiting volunteers. Seeds, fertilizer, soil, and some equipment are contributed by members of the community and the county agricultural board. The board also contributes $100 for spades and hoes. The project involves at least 125 families directly, but indirectly affects many others in the community.

9. Professional Parent Program

Children's Garden
1414 Lincoln Avenue
San Rafael, California 94901

Contact: Jacqueline Kelly
Coordinator
(415) 457-6820

Nominated by: School of Social Welfare
University of California, Berkeley

Professional Parents provide an alternative to group homes and to untrained foster care for latency-aged children who are emotionally disturbed. Designed to avoid the high turnover rate of foster placements for such children while providing a natural and nurturing home environment, the program recruits and trains parents who accept children on a contract basis. Studies have shown that placements with Professional Parents are of longer average duration than placements of similar children in foster homes.

Professional Parents are not independently responsible to the county or State, but to their contractor, Children's Garden. They are provided support services in addition to a stipend and training. (California foster parents, by contrast, need not be trained and get little support but are licensed by the county or State.) Training, conducted by experienced Professional Parents, begins when prospective Professional Parents start the interview process. There is no standard training period; participation in once-a-month sessions is required until required competencies are demonstrated, a process which usually takes a minimum of 2 years. Graduates are qualified to contract with counties separately, but often remain part of the Children's Garden network.

The program currently operates in 35 homes. Counseling, social work, and psychologist staff support is available for weekly counseling and 24-hour consultation and assistance. Per child cost is approximately $720 per month.

10. Special Needs Adoption Program (SNAP)

Department for Human Resources
Commonwealth of Kentucky
Bureau of Social Services
275 East Main Street
Frankfort, Kentucky 40601

Contact: Brooke Darrow
SNAP Worker
(606) 252-1728

Nominated by: Commonwealth of Kentucky

SNAP is a Statewide effort which finds adoptive homes for children who are traditionally the most difficult to place--children 8 years and older, black and biracial children over 3 years, sibling groups of three or more, and severely mentally or physically handicapped children.

Adoptive parents are recruited with the help of public service advertising. Local TV news reporters in three Kentucky cities produce weekly segments (titled "Wednesday's Child" or "Adopt-a-Child") in which a SNAP child accompanies the reporter on an outing to the zoo or to a recreational event to demonstrate how lovable these children can be. Other stations air public service announcements with a brief action clip of a SNAP child and information on becoming an adoptive parent.

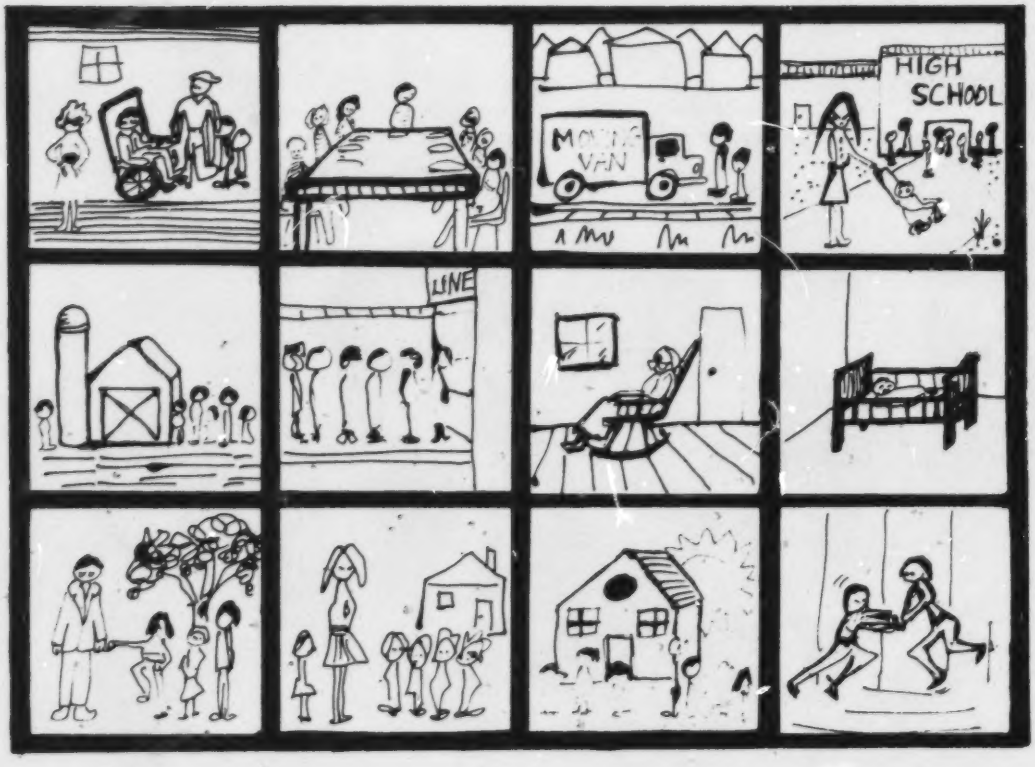
Prospective adoptive parents participate in an intense 5-week preparation group which helps them assess their readiness for the undertaking.

Initially a part-time effort for two caseworkers, SNAP now employs 5 full-time staff members. Over half the children referred to SNAP in its first 1 1/2 years of operation were placed in 45 homes. The approximate cost per placement is $2,000.

CHAPTER II. SPECIAL GROUPS

Recent development of new programs serving families with special needs is attributable to increasing knowledge and concern about particular groups, their problems and their strengths. Service programs are contributing to the growth of data on families with a handicapped child, children with a hospitalized relative, families experiencing separation and divorce, and families in other special situations.

Professionals from many different disciplines such as medicine, psychology, and education have begun to combine their efforts in interdisciplinary centers. New specialists are emerging, specialists in whom a number of perspectives are combined as they relate to the special group served.



11. ARC/MS Home Care Course

Nursing & Health Services
American Red Cross
National Headquarters
18th & E Street, N.W.
Washington, D.C. 20006

Contact: Mary Ann Hankin
(202) 857-3515

Nominated by: American Red Cross

The American Red Cross and the Multiple Sclerosis Society cosponsor this educational program. Family members of MS victims are taught skills for home care. The courses are:

1. Neurology and MS
2. Socio-psychological aspects
3. Home nursing skills, Part I
4. Home nursing skills, Part II
5. Nutrition and the MS patient
6. Activities of daily living
7. Physical therapy and the MS patient
8. Sexuality and the MS patient
9. Medical equipment and aids to independent living
10. A discussion session

Families are encouraged to attend all 10 sessions. The Red Cross teaches #3 and #4; various members of the medical, counseling, and social work professions teach the others.

The ability to take care of an ill family member in the home means that a family can remain intact in spite of such a problem. Frequently, institutionalization of the afflicted family member can be avoided through home care education. In this program, a family can learn to cope with and understand its own situation by participating in a class attended by other families with similar needs.

Referrals come from health service agencies and professionals. Thousands of people are provided this education through the cooperation of these two service organizations. This program provides an excellent model of both a valuable curriculum and a joint venture between service organizations to assist families in need.

12. Child Relative Service

McLean Hospital
115 Mill Street
Belmont, Massachusetts 02178

Contact: Judith Shapiro, M.S.W.
(617) 855-2146

Nominated by: National Association of Social Workers

Children are likely to respond to any family crisis with fear, confusion, and--particularly in the case of the younger child--a deep concern that in some way their own thoughts or actions are responsible for the crisis. The placement of a parent or sibling in a psychiatric hospital is no different from any other family crisis in this respect; just as children benefit from exploring their feelings concerning the death of a relative, their parents' divorce, or their own illness, the occasion of a relative's psychiatric hospitalization is an important time to focus on affected children. The Child Relative Service serves children ages 3 to 17.

At McLean Hospital, a social worker begins working with the child or children of a family soon after the relative's admission, if parental permission is obtained. Depending on the child's age, the approach may involve play therapy or a more direct verbal approach. The social worker seeks to help the child with information needs, clarify distortions in the child's perception of the situation, and explore and resolve difficult emotions. In cases where the child's emotional stability is a concern, a referral may be made to a community mental health center. Many cases do not raise this concern and yet the children appear to need additional support services. Parents are then provided with referral information on helpful programs in local schools and agencies.

Pilot funding for the Child Relative Service came from a foundation grant and the hospital auxiliary. The program now is supported by the hospital's Social Work Department, and provides services for families of approximately half the patient population, at a rate of approximately 20 families per month, or a yearly budget of $25,000.

13. Children in Change Project

Family and Children's Services
414 S. 8th Street
Minneapolis, Minnesota 55404

Contact: Ted Bowman
(612) 340-7444

Nominated by: ACYF Region V

The Children in Change Project, based upon an earlier program of the local County Court, is provided by Family and Children's Services in cooperation with the Minneapolis Public Schools.

The program focuses on children whose lives have been disrupted by death, separation, divorce, or remarriage, and operates primarily through children's groups which meet in the school.

Family involvement varies depending upon the parents' preference. All parents are contacted for permission when school officials nominate their child for the program, and they may choose to meet in concurrent parent education groups or to explore other options. Some parents choose to meet with the project staff only at the beginning and end of the series of children's groups.

Children in Change organizes over 30 groups per year, each serving eight to 10 children. The groups, led jointly by a Family and Children's Services staff member and a school support staff member, run for a minimum of five 1-hour sessions; format and scheduling vary depending upon the characteristics of the school being served. The total program cost is approximately $20,000 per year.

14. Family and Friends of The Adult Mentally Ill

Boulder County Community Mental Health Center
1333 Iris Street
Boulder, Colorado 80302

Contact: Konnie Kindle
Coordinator
(303) 443-8500

Nominated by: ACYF Region VIII

This mutual support group is unusual because it has a strong tie to a mental health center. It was started with the assistance of staff members from the Boulder County Community Mental Health Center. Now an independent group with its own elected officers, Families and Friends of the Adult Mentally Ill continues to work closely with the staff of the center. Many of the members' sons and daughters attend the center's day activity program.

Families join the group to learn to deal more effectively with the demands of living with seriously disturbed persons. Meetings are organized around lectures, given at no charge by professionals from the community, on subjects such as Theories of Etiology of Schizophrenia; Manic Depressive Illness; Medication; Epidemiology and Culture; Treatment; How to Deal With Treatment Facilities; Legal Issues; Available Services for Jobs, Housing, and Financial Assistance; Current Research; and Prognosis. Business meetings and periodic "woe nights" follow the lectures. Members also publish a newsletter about activities at the center, and join together in advocacy activities.

15. Family Library

James Whitcomb Riley Hospital for Children
Indiana University Medical Center
1100 W. Michigan Ave.
Indianapolis, Indiana 46223

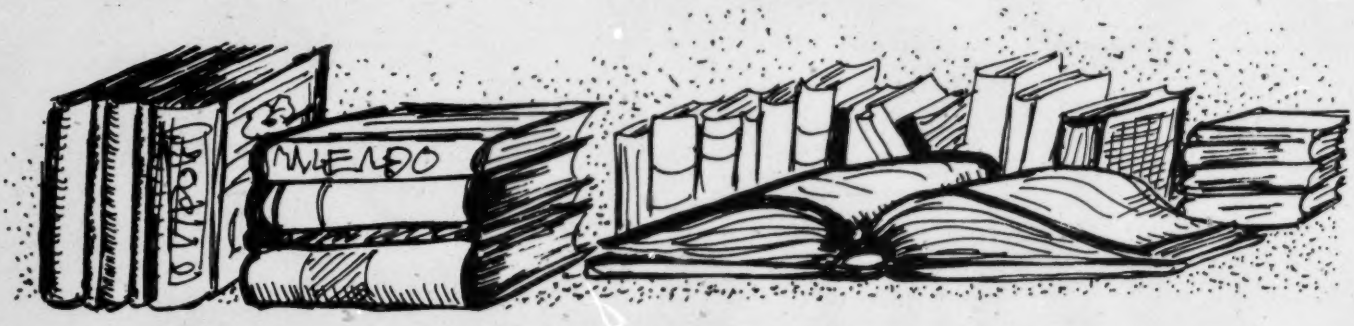
Contact: Shirley Mullin
Librarian
(317) 264-8293

Nominated by: Association for Care of Children in Hospitals

The library might have been a simple project, with a room and a small collection of books for children who were patients, until hospital administrators hired a librarian. Two years later, the library opened--a completely remodeled, well-equipped, well-stocked facility with plaid carpet, brightly colored shelves and hanging plants and a full spectrum of programs to complement those of the hospital's Child Life Program. As the development of the library continues, new services are offered.

A medical library for parents provides everything from introductory material on anatomy and physiology to specialized articles and books on childhood diseases and developmental problems. The hospital's chairman of pediatrics strongly endorses the parent medical collection, recognizing that parents are frequently unable to adequately discuss a child's condition with the doctor because they do not understand the basic working of the body. The medical staff has been closely involved in the selection of appropriate materials which reflect the best of current medical knowledge. The medical collection joins an existing collection of basic materials on parenting. Combined with the children's collection --a school library in addition to recreational reading--and services such as evening story hours and tutoring and special events, the new service seeks to make the hospital experience a positive one for all family members.

Initial library startup costs--books and furnishings cost approximately $20,000--have for the most part been administratively funded, and operating costs of $7,000-$8,000 plus two part-time librarians' salaries, continue to be borne by the hospital. The hospital auxiliary has contributed to acquisitions, as have numerous private donors. The library is expected to depend on gifts for further growth.



16. Family Reunion Program

New York State Department of Corrections
New York State Correctional Services
Albany, New York

Contact: James Howzer
(518) 457-2636

Nominated by: New York State Division, Law Enforcement Assistance Administration

Seven prisons now participate in this program which provides facilities for visits of up to five families on the grounds of each prison.

Completely furnished mobile homes are provided for inmates and their families, who can spend a 30-hour period, as often as twice a month, living together. There are no structured activities. Families are responsible for their own meals, and inmates are freed from other responsibilities (except for scheduled head counts, which do not require that they leave the mobile home area). Playgrounds are available for children, as are toys and games which have been donated to the program or made by prisoners. Besides the initial cost of the mobile home units (about $100,000), program expenses include salaries of two part-time staff members.

The program encourages supportive family relationships throughout a difficult separation period. While any inmate can apply for the program, participation is limited to individuals whose prison behavior record meets certain standards. In most cases, a representative of the Community Chaplain Program makes a home visit before the first prison visit. Family counseling is available during all visits. Counseling may be required in preparing for the first visit if serious problems appear to exist.

Family Reunion Program participants have a much lower recidivism rate upon release than do the majority of inmates, although part of that difference can be attributed to the screening process which selects program participants.

During the coming year, Department of Corrections officials plan an expansion to more facilities and experimental use of vacant apartments formerly used by the prison staff.

17. Let's Play To Grow

Seaside Regional Center
36 Shore Road
Waterford, Connecticut 06385

Contact: Vicki Fein-Wolfe, (203) 447-0301
or
Gayle C. Kranz, Ph.D. (202) 331-1731

Nominated by: Joseph P. Kennedy, Jr. Foundation

Let's Play to Grow is a recreation program for handicapped children and their families developed by the Joseph P. Kennedy, Jr. Foundation. Working through local clubs such as the two groups sponsored by Seaside, the program encourages joint participation of the handicapped child and all other family members in recreational activities. Families are encouraged to spend time together, and materials for parents suggest activities which are useful for fostering physical development and coordination. Hours of play time together are applied toward awards presented to families reaching goals of 30 hours, 60 hours, 90 hours, and more.

One of the more experienced Seaside family groups includes five families with handicapped members aged 10 to 17. It has been in operation for over 2 years, and has families who have reached the 90-hour mark. They meet every other week, spending part of their meeting time in shared play activities and part split into groups for children and parents. The Seaside program has shared expenses for special events such as reserved time at a local pool, classes with a gymnastics instructor, and group rides at a stable. Other clubs schedule activities differently; the program is flexible to allow for different needs in individual communities.

Clubs are organized and run by parents, with a minimum of consultation by professionals. Two Seaside staff members donate their time to clubs as needed, although they find that their assistance rarely is required by the experienced families in the older groups. The coordinators at this and 14 other Let's Play To Grow pilot sites also conduct Regional workshops for people interested in the program. Approximately 50 clubs have been organized around the country.

18. Loving Outreach to Survivors of Suicide (L.O.S.S.)

Catholic Charities of Chicago
126 N. Des Plaines Avenue
Chicago, Illinois 60606

Contact: Rev. Charles T. Rubey
(312) 236-5172 ext. 360

Nominated by: National Conference of Catholic Charities

Members of L.O.S.S. groups serve as resources for each other in the long process of recovering from the suicide of a family member. Group discussions focus on identifying feelings of guilt, failure, anger, and frustration, and on finding ways to live with the unresolved feelings toward the departed family member. In addition to attending monthly meetings and having frequent telephone contact, participants gradually assume a more active role. Members who have been with the groups longest are expected to reach out to others and to help them with the difficult early stages of coping.

Sponsored by Catholic Charities, the organization includes persons of different religious orientations. New members are referred by churches, hospitals, and funeral homes. A total of 60 families are currently involved. Each family receives a monthly letter with relevant literature selected by the program's director, a priest, who also provides individual counseling for members as needed. United Way shares in funding the $25,000 per year program.

19. Operation Life's Work

Rehabilitation Institute of Pittsburgh
6301 Northumberland Street
Pittsburgh, Pennsylvania 15217

Contact: John A. Wilson, Director
(412) 521-9000, Ext. 202

Nominated by: National Association of Rehabilitation Facilities

Outreach teams in this community education project work with parents and professionals in rural counties, helping to create more hopeful attitudes toward handicapped children. In each of the 10 counties served, a parent group is organized to provide information and support. Unusual because they include parents of children with differing handicaps, the sessions cover a wide range of interrelated topics: emotional problems, behavioral strategies, adaptive aids and equipment, developmental play, legal rights of the handicapped, and so forth. The program teaches parents to analyze their children's potential for eventually living away from their families and/or being employed. Leaders help parents to begin planning for the child's future, considering the needs of all family members and recognizing that the handicapped child may outlive the parents.

Outreach teams also work with rural schools, agencies, and community groups to raise public awareness. Professionals and family members are urged to help the handicapped child set career goals early and prepare for work in the chosen field.

Other programs of the Rehabilitation Institute, whether residential, day treatment, or outpatient, teach parents to be therapists for their own children. The child's physical and occupational therapists work directly with the family, and other specialists are involved as needed for assistance, such as making repeated home visits to teach ways to modify parents' and/or children's behavior.

20. Philadelphia Geriatric Center

5301 Old York Road
Philadelphia, Pennsylvania 19141

Contact: Elaine Brody
(215) 455-6100

Nominated by: Society of Hospital Social Work Directors

The families of elderly persons placed in this long term care facility are provided with services to help them in managing the difficult times both before and during institutionalization. Information and support programs begin at the time of initial contact with the home, sometimes as much as a year before admission, and continue as family groups, lecture/discussion series, counseling, and conferences. The resident and other family members are seen by the Philadelphia Geriatric Center (PGC) as strongly influencing each others' well being.

Social work staff members lead Pre-Admission and New Families groups, with assistance of a few experienced family members and staff members. These groups focus on the difficulty of reaching the decision to place a parent in the home, on the family struggles which often surround that decision, and on the disruption families may experience when a member enters an institution.

Efforts to address the long term needs of family members are concerned with increasing agreement between staff and family members regarding procedures or the needs of the resident, and with aiding residents and family members in their efforts to maintain their relationships despite physical separation. Ongoing lecture/discussion groups feature key personnel and consultants who answer the questions of participants. Crisis intervention services are available as needed to mediate conflicts within the family or between family and staff. Special programs work with spouses who are separated by the placement of one or the other, and with couples living within the institution.

Concern for the family continues after the death of a resident. Followup telephone calls and notes provide support to the family in the crucial first weeks and months.

21. Ronald MacDonald House (Denver Location)

1000 E. 16th Avenue
Denver, Colorado 80218

Contact: Andrea Ludkiewicz (303) 832-2667

Nominated by: Denver Children's Hopsital

In Denver, there is a big, old, renovated, 11-bedroom, 9-bathroom house which is always full of families. Many return frequently, and there is always a waiting list of families who would like to stay at Ronald MacDonald House.

These families, from many backgrounds, have one thing in common: Each has a child who is seriously ill, usually with cancer.

The house is a Regional facility, serving families from Colorado, Wyoming, Montana, South Dakota, Nebraska, Kansas, New Mexico, and Utah, who come to Denver for hospital treatments for their children. The children stay with their families in a home environment instead of in the hospital or a hotel room.

The low rates ($5 per family each night) and availability of cooking facilities make it affordable for families to be together during treatment.

The home's atmosphere is communal. The families--many of whom come from small towns where the child's illness has isolated them--soon discover that they are not alone in their predicaments. At Ronald MacDonald House, experiences are shared and ties are formed, generating a "self-therapy" environment.

The role of the professional staff has been minimized to create a homey atmosphere. A paid housemother lives in the house with her husband and children; one volunteer assists in the home. Families are referred by doctors, social workers and hospitals. During the first year, 400 families were served in Denver. The Ronald MacDonald Foundation funded the purchase of the house. The operating cost is approximately $1,200 per month.

Other Ronald MacDonald Homes are now or will soon open in the following cities: San Francisco, Minneapolis, Chicago, Dayton, Detroit, Cleveland, Pittsburgh, Philadelphia, New York, Boston, Dallas, Houston, Seattle, Atlanta, Birmingham, Durham, Tampa, and Richmond.

22. Scouting for the Handicapped

Boy Scouts of America
P.O. Box 61030
Dallas/Fort Worth Airport, Texas 75261

Contact: Jack Richmond
Director of Education/
Handicapped Relations
(214) 659-2108

Nominated by: Boy Scouts of America

This program charters Scouting "special units" for children with handicaps. Often sponsored by special education centers or institutions, these groups use Scouting activities to serve the goals of their communities. In some cases, groups are formed to offer a mainstreaming opportunity to their members. Other units are formed to provide a special group experience for selected participants. Boys and girls are involved in 4,000 special units; approximately 63,000 handicapped children are served by the program.

Since the first special units were formed in 1910, family involvement has been high. At the Cub Scout level, leaders work closely with parents to ensure that projects begun at a Scout activity will be continued at home. Family members are helped to recognize the handicapped child's accomplishments, and they share rewarding experiences working together with the special child. In addition, parents benefit from contact with each other through the program.

Family involvement continues at every age and ability level since many Scouting activities, particularly for the handicapped, require the cooperative efforts of many people.

23. Solo Parenting

Delaware Cooperative Extension Service
University of Delaware
126 Agricutural Hall
Newark, Delaware 19711

Contact: Dr. Patricia Nelson
(302) 738-2537

Nominated by: Delaware Cooperative Extension Service

Single parents can be difficult to serve. They are often working outside the home as well as carrying the full burden of caring for a household, and they have little time or energy for additional demands. But their information needs are as great as those of other parents, and they need emotional support for the difficult job that they perform. They need to hear from others who have creative solutions for some of their special problems. Solo Parenting, a quarterly newsletter, attempts to meet those needs.

The newsletter is written as a series of 15 issues. An idea such as parents' need for social contact is introduced in one issue and further developed in later issues. New subscribers begin with issue #1. Future plans include providing seasonal information in Solo Parenting. Subscribers will receive a customized issue with the current seasonal material and the more general sequenced information from the basic series.

Potential subscribers to the free publication are recruited through radio and TV spots and word-of-mouth. Approximately 200 families are currently served. Direct costs of less than $200 per year for copying and mailing are included in the service's overall materials distribution budget, and about 2 weeks of staff time per year are needed to update the contents of the newsletter.

24. The Illinois Spina Bifida Association of America

1535 Hogden Avenue
Downers Grove
Chicago, Illinois 60515

Contact: Bill Valiant (312) 960-2426

Nominated by: Spina Bifida Association of America
National Headquarters, Chicago
(312) 663-1562

Education and support functions of this health consumer organization serve patients with Spina Bifida, their families, and medical professionals who treat the conditions which result from this birth defect. Members are usually adult patients or parents of children with Spina Bifida.

Aided by a multidisciplinary professional advisory committee, the organization sponsors an annual conference for consumers and medical personnel, develops educational materials such as slide presentations on current treatment approaches, publishes a newsletter, and provides other supports for members.

Family involvement in treatment programs is one of the key concepts encouraged by the Association. Treatment clinics provide support services through a treatment team of educators, rehabilitation specialists, medical personnel, and therapists. These clinics often join with the Association to help educate parents and adult patients about Spina Bifida.

There are 89 active chapters and 29 provisional chapters in the United States. Just as members are trained to assist new parents, newly forming chapters receive support and guidance from already existing ones.

25. Urban Indian Child Resource Center

390 Euclid Ave.
Oakland, California 94610

Contact: Anita Muneta
Director
(415) 832-2386

Nominated by: Innovations Magazine, American Institute for Research

Oakland, Calif., and the surrounding Bay Area, as one of the urban centers to which many Native Americans were relocated in the 1950's and 1960's, has up to 400,000 Native American families who feel displaced and alienated. Services available in the community often clash with Indian values. This Indian-run program provides a variety of culturally relevant support services to help these families. The agency's $500,000 annual budget serves approximately 100 families per month.

Staff members, nearly all Native Americans, are careful not to violate Indian standards of conduct in working with families. The program seeks to develop Indian community resources, provide a sensitive link with outside agencies when necessary, and educate the non-Indian community about the needs of its clients. Services are personalized-- a homemaker assists parents to meet their children's needs, a "family representative" coordinates involvements with other agencies, and a mental health team provides family and individual counseling both at the center and in the home. In cases involving removal of a child from the home, the program attempts to find a compatible placement--preferably with a member of the child's extended family or a family from the same tribe. The center is also a licensed home-finding agency which assists in recruiting and developing Native American foster homes. When a child must be placed in a foster home, the agency links natural and foster homes to increase the continuity in the child's life.

26. Warren Village, Inc.

1323 Gilpin Street
Denver, Colorado 80218

Contact: Charles Mowry
Executive Director
(303) 321-2345

Nominated by: Family Impact Seminar

The patient effort of church members over a 10-year period led to building this special facility where low- and moderate-income one-parent families with young children can develop or redevelop their capacity to function independently within the mainstream of society. Since its opening in 1974, Warren Village's 96-apartment building has offered a gradually increasing list of supports for the family. The Learning Center, a day care center with programs now serving infants and toddlers, and preschool and school-age children, admits all resident children as well as others from the surrounding neighborhood as space permits. In addition, a Family Services office provides counseling, information and referral services, and evening and weekend programs. Seminars, workshops, and educational programs are available on subjects such as personal development, family management, career planning, and parenting. Various activities are also available for children.

Family Services social workers meet with each family as it enters the program, helping to ensure that they are realistic about their needs, motivated to make changes, and capable of achieving greater self-sufficiency. Each family sets its own goals at entry and reviews them with the staff periodically; when these goals are met, the program assists with the family's the transition back into the community. The average length of stay is 11 to 13 months.

Funding is provided by the Federal Housing Administration, donations, social services agencies, and USDA (daycare nutrition). Residents pay for housing and child care on a sliding scale based on earnings from jobs obtained within the community. Fees for nonresident day care provide some additional income. The actual per-family program cost is hard to isolate, due to differing needs and sizes of families, but the operating budget for the 1980-1981 fiscal year was $700,000.

CHAPTER III. PARENT-CHILD RELATIONSHIPS

Concern for parent-child relationships existed long before the publication of modern advice books for parents, but until recently, few services were designed to support these relationships. To a great extent, the need for these programs has been created by the great variety of advice available to parents. Rather than lacking guidance on child-rearing, the modern parent is confronted with a confusing array of information. Grandparents and other relatives, once the primary source of parent guidance, often do not live near the family.

Many of the programs in this chapter focus on problem relationships. The increased attention given to family violence in recent years has made this once-secret problem more visible, and family treatment approaches are being used where once the children would have been removed from the home indefinitely. Juvenile offenses are also being addressed through efforts focused on family relationships, as family involvement in treatment becomes a part of youth programs.

27. Child Development Newsletter Series

Arizona Cooperative Extension Service
University of Arizona
Tucson, Arizona 85721

Contact: Dr. Shirley O'Brien
Human Development Specialist
(602) 626-1703

Nominated by: Arizona Cooperative Extension Service

New parents often feel vulnerable and confused, and frequently do not know where to turn for support. In this publication series, each issue deals with the characteristics of a particular age level. It provides child development information, childrearing guidance, and emotional support. The difficulties and rewards of parenting are acknowledged equally.

The most unusual aspect of this newsletter is not its content--other parent guidance materials are also available in stores and public libraries--but rather its delivery. In 14 Arizona counties, new parents, identified to the County Extension Office by local hospitals, are placed on a mailing list by the child's birth date. For the next 5 years, they receive at regular intervals a four- to six-page newsletter discussing their child's current age. For the first year, the newsletter arrives monthly; after that, quarterly. Because only information relevant to the parent's present experience is included, the newsletter is more avidly read than it might be if it were more general.

It has taken the program 2 years to develop the complete series (year 5 is being finished); the first year is also available in Spanish. The series' popularity (the name of the newsletter changes with developmental level: Cradle Crier, Crib Courier, Toddler Tattler, Teddy Bear Telegraph, Fourthwheeler) has been overwhelming, and has necessitated a new policy of requiring families to pay a subscription fee. Over 4,000 families receive the newletter monthly.

An early evaluation appears to demonstrate that the program has had a significant positive effect on both parents, as seen in terms of their feelings of confidence and their reported parenting behavior.

28. Coping with the Overall Pregnancy/Parenting Experience (COPE)

37 Clarendon Street
Boston, Massachusetts 02116

Contact: Maureen Turner, R.N.
Director
(617) 423-2044

Nominated by: National Center for Clinical Infant Programs

COPE began in 1972 with a unique idea, one which still seems radical--bringing expectant parents and parents of infants together in support groups. The organization now offers services related to decisions on childbearing and preparation for adaptation to parenthood. But the groups which form its core continue to attract the most participants and attention.

The director and founder of COPE, a psychiatric nurse, notes that many professionals feel that pregnancy and emotional issues must be kept separate and they avoid emotional topics in childbirth preparation groups. The mixed groups in COPE help young mothers and fathers face parenthood with more accurate expectations of its demands on them as individuals and on their relationship.

One of COPE's newest efforts is to plan support groups for working parents at the work place during lunch hours. Another innovation involves an outreach effort to men. Several newly trained male group leaders are joining the primarily female staff, and they will make presentations to childbirth preparation classes run by other organizations.

Some of COPE's clients pay the full cost of participation in a group, but COPE is a licensed mental health clinic and many fees are paid at least in part by insurance. A contract with Medicaid allows COPE to recruit low-income parents.

29. Crisis Care Center

New Orleans YWCA
1833 Louisiana Avenue
New Orleans, Louisiana 70115

Contact: Nancy Shapiro, M.S.W.
Director
(504) 524-1215

Nominated by: National Association of Social Workers

This two-story house provides a temporary shelter for up to 30 days for children in homes where they are in danger of being abused. By providing shelter for children, the center provides parents an opportunity to recover from stressful situations and prepare to receive their children home. Meanwhile, staff social workers assist families with such problem as housing, food stamps, and day care, and refer them to a nearby mental health clinic if long term counseling is needed.

The center takes only voluntary placements, although parents are referred by other sources such as protective services. Upon entering the program, parents contract with a social worker to meet individualized goals. Weekly contracts continue until the crisis is resolved or until 30 days have passed, at which time children must be placed in foster homes if the family is not ready to receive them. Ninety percent of parents are able to arrange for their children's return home, and the average stay is only 9 days.

Children's activities are coordinated by a staff member who plans separately for different age groups. While the center serves children through age 12, 70 per cent are under age 6. School-age children are assisted by the staff in getting assignments from their regular teachers.

An average of 250 children per year are served on a budget of $250,000, with funding provided by Title XX and the State.

30. Employee Resources Project

United Way of the Minneapolis Area
40 South Eighth St.
Minneapolis, Minnesota 55404

Contact: Betty Danielson
(612) 340-7400

Nominated by: United Way

Seminars developed under the title, "Balancing Both Worlds -- A Challenge for The Working Mother," are presented at the work place in this preventive educational program. The seminars, offered at lunchtime in cooperation with Minneapolis area employers, focus on employed mothers. Three separate series cover 1) ways to become closer to one's child; 2) ways to help a working mother's balance her concerns and needs at home and work; and 3) ways to enhance personal growth and the spousal relationship. Each series consists of six 1-hour sessions using a mixture of teaching and discussion approaches, and may be run independently of the others.

A task force of employer representatives helped to launch the project. The group shared concerns about 1) increasing numbers of working mothers; 2) frequent situations in which a mother assumes out-of-the-home employment without any lessening of home responsibilities; and 3) the impact of personal problems and concerns on employee effectiveness. Once a grant was secured to develop the project, the staff began detailed planning. Questionnaires distributed to potential participants helped to identify key concerns and establish preferences for time and location, and a curriculum was designed to work effectively in the 1-hour lunchtime format desired by most respondents.

The programs have been enthusiastically received by employers and participants, and there has been some interest in adapting the format to serve male employees as well. Evaluations suggest that participants have gained skills and understandings which help them to reduce the tensions created by family and work conflicts.

A $30,000 grant to help develop the program was donated by The Dayton-Hudson Foundation. United Way provided a full-time project director during the first year of operation. Continuation of the program requires only part-time effort from group leaders.

31. F.A.C.T. (Families and Children in Trouble) Program

Family Stress Services of
The District of Columbia, Inc.
c/o Box C
1690 36th Street, N.W.
Washington, D.C. 20007

Contact: Joan Danzanzky
Director
(202) 965-1900

Nominated by: District of Columbia Department of Human Resources

The caller may be an abused adolescent, a fearful mother, or a concerned neighbor. The FACT hotline offers 24-hour telephone service which provides a concerned listener a link with the variety of treatment or service agencies available in the community, and a helper to work with the system--including the child abuse and neglect reporting system. All phone aides are volunteers, many of them professionally trained in human service fields. All must attend an intensive 30-hour training program and monthly inservice classes. The project has a part-time director, a part-time administrative assistant, and a full-time clinical coordinator.

FACT staff and volunteers undertake community efforts related to child abuse and neglect. The hotline serves as the 24-hour referral number for Parents Anonymous, and volunteers provide child care for PA meetings. Funding comes primarily from the District of Columbia Department of Human Resources. Space is donated by the local community mental health center.

32. Family Support Center

2020 Lake Street
Salt Lake City, Utah 84105

Contact: Ann Tyler
Director
(801) 487-7778

Nominated by: State of Utah

Ninety families per month bring their children to this crisis care nursery, a child abuse prevention facility where the children may live for up to 3 days at a time. A warm, friendly substitute home for up to eight children, the Family Support Center also makes parents feel welcome and supported. Parents are urged to join ongoing groups for support, and are encouraged to bring children to play at the center during parent groups. While the intake interviewer encourages parents to identify and address their needs, the program recognizes that admitting problems may be difficult. As trust is established, the family is expected to begin work on problems, but the first visit requires no declaration of parental failure. The program's priority is providing an alternative to potentially abusive or neglectful home situations.

The program began 3 years ago. Since starting with a small seed grant from the Junior League of Salt Lake City and many volunteer hours donated by staff members, the center has gained support from both local and State sources and its current budget of $111,000 includes United Way funds. Referrals come from several sources, and the demand for services has continued to grow.

The center's old red brick house provides space for offices, a group room, children's activity areas, and sleeping rooms for as many as eight children. Houseparents and a child care coordinator share responsibility for the children. They are assisted by relief couples on weekends and holidays and foster grandparents who provide extra one-to-one attention during the day.

33. Healthy Start

State of Kansas Bureau of Maternal and Child Health
Department of Health and Environment
State Office Building
Topeka, Kansas 66612

Contact: Dr. Patricia Schloesser
(913) 862-9360

Nominated by: State of Kansas

Early intervention is an important factor in child abuse and neglect prevention programs. This program is noteworthy for its success at making personal contact with newborn infants and their parents as early as possible to assist parents in dealing with their new responsibilities. In addition to providing emotional support and information, the program serves as a screening tool, helping to identify families in which abuse or neglect seem likely. Followup visits by specialists are arranged in the less than 20 percent of cases where it seems necessary.

Paraprofessional Home Visitors visit the new parent(s) before birth or as soon after birth as possible. An early home visit is preferred, but most families are reached in the hospital or after they have returned home. Parents' participation is voluntary, but less than 5 percent of families contacted refuse to be seen.

The Home Visitors do not give medical advice or serve as social worker aides, but they offer help with routine care of an infant; provide emotional support; encourage routine checkups for the mother, the infant, and any other children in the home; and assist the family in seeking assistance for any special needs. The Home Visitors are all part-time, skilled, and specially trained experienced mothers who are hired, trained, and supervised by local public health nurses. Being nonprofessional, they are less threatening than nurses and can easily relate to new parents, while providing a link to professional help.

Services have been limited to 13 rural counties which had limited resources and in which the rates of child abuse and neglect had been high, although the program is now being tried out in an urban setting. The current funding level of $68,000 has enabled the program to contact at least 65% of eligible families. This figure varies from county to county.

34. Maricopa County Mother-Infant Program

Arizona Department of Economic Security
DES/ACYF 940A
1400 West Washington
Phoenix, Arizona 85005

Contact: Dr. F. G. Bolton, Jr.
(602) 255-3981

Nominated by: State of Arizona

Working in the OB-GYN ward of a general hospital whose low-income patients include large numbers of adolescent mothers, this State-run program begins preventive activities as early as possible when potential child abuse or neglect is suspected. Adolescent parents, because of the particular stresses they face, are automatically referred to the program along with any others who have come to hospital attention in the past for abuse or neglect of an older child.

Long before birth, the program staff--two nurses and two social workers--works with the mother to prepare her for motherhood. At the same time, counseling efforts attempt to reduce any rejecting feelings the mother may have toward the pregnancy and the child, and classes teach child development and effective parent behavior. A staff nurse is assigned as the primary support person, to be at the delivery whenever it occurs. The combined efforts before and after the birth are designed to improve mother-infant bonding.

Mothers may also be brought to the attention of the program after a birth because the hospital staff observes an unusual parent/child relationship in the first few days. As all other cases, these families receive followup home visits by a social worker/nurse team. Often, one or two visits are enough to suggest that any concern was without basis, but in other cases, frequent visits are continued for months.

Additional resources from outside the program often assist in meeting parents' needs. For instance, volunteer parent aides from another hospital dealing with child abuse and neglect programs can make home visits to provide support and teach parenting skills. Another program sponsors groups in which parents confront problems concerning their abilities to meet their children's needs. While each of these extra services is a small program--the mother-infant program serves approximately 40 families each month on an annual budget of $30,000--their combined effect is significant.

35. PACE (Parent and Child Education)

Family Treatment Centers
Bronx Psychiatric Center
1500 Waters Place
Bronx, New York 10461

Contact: Dr. Carolyn Goodman
Unit Chief
(212) 931-0600

Nominated by: American Orthopsychiatric Association

This award-winning program has been operating since 1968, helping troubled relationships between emotionally disturbed mothers and their preschool children. The mothers, referred by mental health facilities and protective services offices, are low-income women whose childhoods nearly always lacked a consistent parenting figure. More than half of them have been hospitalized for psychiatric care.

Both mother and child are involved in the program, which operates 4 days per week. (Fathers are included when possible, although the majority of clients are single parents.) Program elements include groups for preschool children and toddlers, group therapy for mothers, and individual consultations, all designed to help mother and child develop self-esteem as well as learn new skills. Mother-child activity workshops provide opportunities for the mothers to practice new ways of being together with their children. Mothers are assisted with their education and are helped to become more self-sufficient; joint activities with their children help them learn to be effective parents. Children are helped to overcome educational deficits, learn social skills, and establish supportive adult contacts. In addition, a PACE family worker is on call 24 hours a day to assist with problems as they arise.

The program's success, according to its director, depends on providing the emotionally deprived mother with a replacement for the mothering she never had. Because of the need for a supportive environment, the staff members, of diverse backgrounds, work in teams which cross normal professional boundaries. All services are provided to meet the varying needs of each family situation.

An average of 40 families per year complete the program, participating for an average of 9 months. PACE also provides a less intensive program for families who are waiting for openings, and an open-ended support and mutual assistance (SAMA) group assists women who feel a continued need for support after discharge from the main program.

36. Parents' Resource Center

15 South Tracy
Bozeman, Montana 59715

Contact: Helen Lineberger
(406) 587-1238

Nominated by: Division of Alcohol and Drug Abuse,
Montana State Department of Institutions

The Parents Resource Center is among a group of interconnected programs directed by the Gallatin Council, a nonprofit community service organization. Other Council programs include "Women in Transition," a counseling program; "The Help Center," which provides crisis intervention and shelter to family members in emergency situations; "The G.E.D. Program," which assists participants to pass the high school equivalency test; "Second Story Counseling Center," which provides treatment and rehabilitation for substance abusers; and the "Sallee Youth Ranch," a home for children and teens. The Parents Resource Center works closely with this network and with local churches to support parents.

Parent volunteers do much of the work within the center, and new programs are constantly being developed in response to parents' requests. The most popular of the regularly scheduled low-fee, drop-in courses have concerned normal child growth and development, communication, and positive discipline. Parents seek information on reasonable expectations for a young child, and they look for assistance in communicating with their children. In a class on infancy, for example, one exercise involves role-playing in communicating with a nonverbal child.

A relatively new program, led by male pedistrician volunteers on Saturday mornings, brings fathers together with their infants and/or preschool children for activities and discussion. Beginning with a session titled, "From Manhood to Fatherhood," which attracted 14 fathers of newborn infants, the series has been well attended. Other popular programs have included "The 5 to 7 Freakout," for homemakers under stress, and "To Work or Not To Work," which addresses the conflicts faced by mothers who are considering returning to or beginning employment.

The center is located in Bozeman, the urban center of a large rural county, and is surrounded by a non-industrial ranching and farming Region. Services to a rural area must be matched to local needs and goals; when clients may have to drive 100 miles to attend a group meeting, only the most important activities are likely to receive community support. The Parents' Resource Center has established itself successfully under these conditions.

The center has no full-time paid staff members, and depends on donated time of a paid part-time staff and volunteers to serve over 1,000 participants per year on a budget of only $8,000 (for fiscal year 1980). As external funding is being withdrawn, the center is working to make its programs self-supporting. Nevertheless, many classes may be attended for a donation of only $1.

37. Team Resources for Youth, Inc. (TRY)

912 Fisk Building
Amarillo, Texas 79101

Contact: Larry Watson
Executive Director
(806) 376-6322

Nominated by: State of Texas

TRY, a former runaway program which now serves youth and families with behavioral problems, considers family relationships primary in its work. When a family is referred to the program or a family member requests help, the program works to facilitate family communication through individual and family counseling, and parents' and young peoples' groups. Meetings with the family establish family goals and objectives, and periodic evaluations of the family's contract help to update service plans as needed. Depending on circumstances, counseling takes place in the home, the school, or the TRY office.

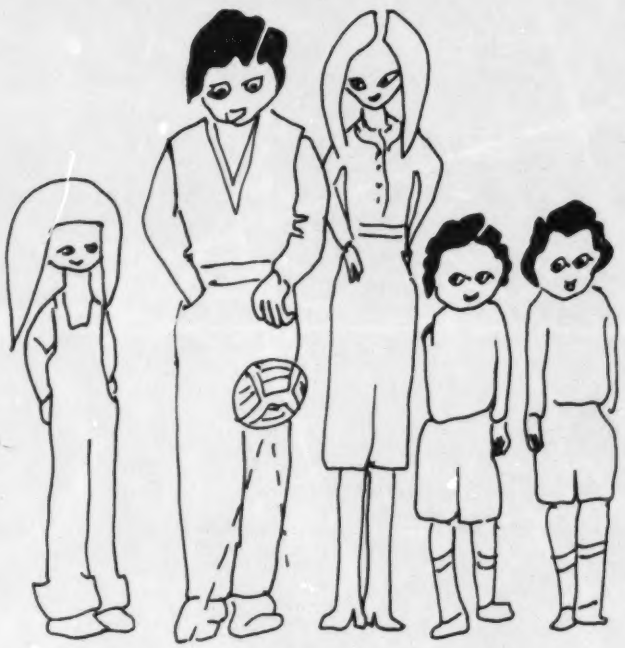
In addition to counseling, the agency makes other services available to families through linkages with community groups and social service resources. The program works to keep families together, but it also is licensed to place children in emergency or short-term licensed child care facilities or in foster homes. An employment service contributes to the program by giving youth the positive experiences of working in responsible positions. The agency's advocacy and public information activities provide community linkages with schools, church groups, other agencies, and police and probation departments.

Funding comes from local, State, and Federal sources, and private grants and contributions. The $305,000 budget serves about 500 families per year.

CHAPTER IV. FAMILY STRENGTHENING AND SUPPORT

A strong, dynamic, secure family can meet most needs of its members and make important contributions to the community as well. Many elements make up an optimally functioning family: First, family relationships must be supportive to members; a family must maintain its members' health and well-being; and it must also be able to influence and predict its economic circumstances enough to guarantee adequate food and shelter to its members.

The programs included in this chapter concern these family life elements, which--through direct support and instruction--help to maintain and increase the family's potential for taking care of its members and others.



38. The Center for Enterprising Families

The Coulson Family Jazz Band
445 Arenas Street
La Jolla, California 92037

Contact: Bill Coulson (714) 459-0384

Nominated by: ACYF Region IX

The Coulson Family Jazz Band formed the Center for Enterprising Families to serve as a contact point and supportive network for families in business. Families all over the country are working together in such enterprises as music, crafts, farming, and numerous other businesses.

A sharing of the economic support of the family, as well as recognition of parents as managers, can be developed in a family enterprise. For the Coulson family, the jazz band has been a learning experience. When they first started earning money as a band, the income was divided into equal shares among family members. (Each plays an instrument in the band.) The children who lived with their parents agreed to contribute to the cost of keeping the household running.

The experience of partaking in economic responsibility for a household is an important learning experience, as well as an economically worthwhile one. A sense of perspective and responsibility is acquired by children who participate in family enterprises, and can be a helpful tool later in their lives.

Families who work together experience special pressures and demands. They also develop a strong family identity, coupled with a public image, earning power, and new dimensions to family structure and dynamics.

The Center for Enterprising Families encourages families everywhere to write to the center and share their experiences and special aspects of their work.

39. Child Care Switchboard

3896 24th Street
San Francisco, CA 94114

Contact: Helen Cagampang
Director
(415) 647-0778

Nominated by: Ford Foundation

The Child Care Switchboard receives calls from concerned neighbors, social workers, and other professionals as well as families seeking an appropriate child care placement for a child. Their bilingual information and referral service maintains community ties and extensive files for information on numerous types of care throughout the Bay Area: family day care homes, center-based care, babysitting cooperatives, and before- and after-school care. Callers also may get information on starting and licensing a day care home or center.

Other services have developed as offshoots of the Switchboard; the organization maintains a single parent resource center, a toy recycling center, and a technical assistance service on current laws and policies concerning child care.

In many ways, the Switchboard makes it possible for the public to obtain family service information and direction. Funding is provided by a number of public and private sources. In one year, the program received 12,400 requests and placed 6,649 children in services on a $301,000 budget.

40. Cooperative Care Unit

New York University Medical Center
530 1st Avenue
New York, New York 10016

Contact: Alice Ganster
(212) 340-7201

Nominated by: Society of Hospital Social Work Directors

Nearly all conventional assumptions about hospitals are challenged in this innovative acute care unit, where each patient shares a double room with a family member or close friend. The roommate, dubbed a "care partner" by the program, is an ally both in meeting hospital expectations during the inpatient period and in helping the patient follow medical advice during home convalescence.

The unit's luxurious appearance belies its cost: Care is approximately 40 percent less expensive per patient than conventional care. One major money saving feature is the absence of bedside care except for special cases. Instead, patients have appointments with caregivers who efficiently provide services in their offices. As an incidental benefit, patients and care partners are free to use hospital facilities, such as arts and crafts rooms when no treatment is scheduled. The comfortable, well-furnished double rooms can be locked for privacy. A variety of recreational and dining facilities are available, and there are no time restrictions on visitors.

The key to the program is teaching. Patients, care partners, and even visitors are taught at every opportunity about treatment, risk factors for disease recurrence, and self-management of health. As one example, a non-alcholic happy hour is used each afternoon as an opportunity to focus on nutrition. In their efforts to increase patient compliance with prescribed treatment plans, the staff has given up much of the control which hospitals generally exercise over patients. Current studies indicate that the approach is effective.

41. Domestic Violence Unit

Westchester County District Attorney's Office
111 Grove Street
White Plains, New York 10601

Contact: Jeanine Pirro
(914) 682-2127

Nominated by: National District Attorneys Association

Prosecution is a last resort for this office, which uses its prosecutorial power instead to ensure that families obtain mental health counseling and other services when family violence is confirmed. A special arrangement with the local community mental health center's Treatment Alternatives for Street Crime (TASC) program, funded by a grant from the Law Enforcement Assistance Administration, provides a unique means for monitoring the family's continued use of services to which they are referred. Except in extreme cases in which an uncontrollable person must be restrained, staff members see imprisonment of the abusing parent(s) or spouse as a temporary solution which leaves the basic circumstances unchanged and may lead to recurrence. They cite situations in which either victims or perpetrators later become involved in incidents of abuse with different people if there has been no effective treatment.

Most of the office's work is in response to direct complaints by victims of violence in the home. In addition, staff members screen all child abuse and neglect reports received by Child Protective Services whether or not CPS filed charges. A staff criminal investigator is assigned to cases which appear valid, and the office takes action when the investigation confirms the complaint.

Family members are presented with a treatment plan, designed to meet their circumstances, which utilizes the varied resources of the county. They are cautioned that charges are being deferred only so long as they comply with the plan, and their compliance is monitored by the TASC program as described above.

The seven-member staff, operating on a yearly $128,000 budget, sees approximately 1,500 walk-in clients and screens 1,000 child abuse and neglect cases each year. Of these, only a small percentage result in prosecutions.

42. Drop-In Center

318 N. Albany Street
Ithaca, New York 14850

Contact: Mimi Granger
Director
(607) 272-6259

Nominated by: ACYF Region II

This parent-run cooperative provides up to 3 hours of child care at a time on a drop-in basis for anyone in the community. Member families receive free care in proportion to the hours they work. The one paid staff member, an experienced early childhood educator, coordinates the work of the constantly changing group of parents and student volunteers who staff the center. Located in The Greater Ithaca Community Center, where other activities generally begin after the drop-in center closes, the program uses a gym, a kitchen, and an arts and crafts room, as well as nearby community facilities such as the public library.

The number of children served at any one time varies from eight to 35 or more, depending on parents' needs. Parents are asked whenever possible to sign up for care in advance so that staffing needs can be anticipated. An adult-child ratio of 5 to 1 (or less, when the population is younger) is maintained through calling nearby emergency volunteers when needed and turning away additional children when a sufficient number of adults will not be present.

The center, founded in 1970, currently has 24 member-families, including a number of single parents. Space is donated, so the only major expense is the salary of the director/teacher.

43. Families Taking Responsibility For Themselves

General Federation of Women's Clubs
1734 N Street, N.W.
Washington, D.C. 20036

Contact: Marijo Shide
President
(202) 347-3168

Nominated by: American Council of Life Insurance
(202) 862-4086

A cooperative project jointly developed by the Federation and the American Council of Life Insurance, this 2-year effort provides local clubs with guidelines and curriculum materials for developing home financial management programs and workshops on family finances. The workshops, designed to improve families' financial independence, are easily adapted to the specific needs of different age groups or mixed audiences. The wealth of information provided for the group leader makes it possible to offer such a class with a leader who has no specialized background. Clubs are encouraged to involve local financial management resources, such as bank and business representatives.

At this time, there are 600,000 club members in 12,000 clubs across the nation. As an incentive, awards will be presented in 1982 to honor local clubs and State groups which have most effectively implemented the program. Leaders from the winning State will be invited to a national Leaders' Seminar on the Family.

44. Family Clustering, Inc.

P.O. Box 18074
Rochester, New York 14618

Contact: Margaret M. Sawin, Ed.D.
(716) 225-9530

Nominated by: Innovations Magazine, American Institute for Research

The closely involved extended family, once common in this country, is no longer a universally predominant factor in family life. In order to provide a substitute for the support once available within the extended family, one family educator developed the family cluster concept. Churches play an important part in the structure of the program. Family Clusters are now sponsored by schools, family service agencies, and religious congregations of many faiths, throughout the United States and in some other countries.

Family Clustering, Inc., is a family enrichment program. It serves families which are not experiencing a crisis but want to improve family life. The Family Cluster, made up of four or five families, meets once a week for 2 or 3 times over a 12-week period. Every week a communal meal and recreational period is followed by a discussion of a topic such as family decisionmaking, problem solving, rulemaking, and communication. Other topics for later sessions are determined by the group.

Even though clusters are usually offered at no charge to the families, every cluster has two trained leaders. Training programs are offered all over the country. In the training programs, trainees have the opportunity to work with actual families in a laboratory training model. A newsletter for Family Cluster leaders helps people share new ideas for working with their groups.

45. Family Education Program

Rabow Associates
39 Main Street
Springfield, Vermont 05156

Contact: Peter Rabow, Ph.D.
(802) 885-3457

Nominated by: National Institute of Mental Health

Springfield area families of repeat adolescent offenders are referred to this privately run program to improve family relations. The program's series of seven structured meetings, each divided into a formal presentation and an experiential session, addresses topics such as developing trust, communication skills and styles, authority, and family problem-solving and decisionmaking. The program teaches that family members may be unprepared for family roles, that necessary skills can be learned, and that individual problems can best be addressed by helping the family to function better.

Billed as an educational program rather than a therapeutic one, the program is readily accepted by many families who previously refused to follow court-ordered treatment plans. The use of parent volunteers as small group leaders reduces program cost without reducing its impact. The lecture portion of each meeting is conducted in a large group by a professional case manager/instructor, and small groups convene after a break.

Referring agencies are charged $550 per family for the complete program. A training manual and educational materials are available.

46. Family Home Evening Program Manual

Public Communications
50 East North Temple
Salt Lake City, Utah 84150
(801) 531-4389

Contact: Janet Brigham

Nominated by: The Church of Jesus Christ of Latter-Day Saints

The Family Home Evening Program Manual, a new issue published yearly by the First Presidency of The Church of Jesus Christ of Latter-Day Saints, provides suggestions and guidelines for weekly family meetings. When families set aside an evening for a family experience, the members can share and grow together.

During one family home evening, the parents displayed the equivalent of the paycheck in one-dollar bills. An equal share was given each family member, children included. Then, the monthly bills were brought out, (such as heating, telephone, etc.), and the children participated in alloting dollars toward bill payments. The cost of maintaining the family household was made strikingly clear to children who had often asked why they could not have everything they wanted.

Direct involvement in family activities, whether practical or abstract, creative or ordinary, can bring about understanding within the family.

The manual suggests numerous plans for family nights. Stories, games, and activities generate situational family involvement. "Hard Words to Say," "The Family Mood Meter," "Learning Feelings from Faces," "Helps from the Scriptures for Solving Everyday Problems," "Working Together," "Suggestions for Family Involvement," "How We Can Learn Physical Skills in the Home," and "Meeting Adults Needs," are just some titles in one publication. The books are written by a curriculum committee composed of church leaders, educators, writers, psychologists, and others, along with representatives from age groups ranging up to 18 years old. Consequently, the content is geared toward all age groups, in various family life styles, and can be used by any one of basic literacy.

The manual is distributed to all church members, has been translated into many languages, and is available to the public for $1.25 at the above address. Each year, the manual includes new ideas and suggestions. Families are encouraged to develop their own activities to suit their own needs.

47. Family Life Center, Christian Appalachian Project (CAP)

322 Crab Orchard Road
Lancaster, Kentucky 40444

Contact: Edward Wardle
(606) 792-3051

Nominated by: The Christian Embassy

This nonprofit organization, founded on principles of self-help for isolated families of Eastern Kentucky, has created the Family Life Center to provide support for the Region's families. The center provides marriage and family counseling, workshops and educational group activities, and associated programs with a family focus.

The basic facility is a renovated motel, adapted to serve as a retreat center complete with food services where family-oriented retreats such as marriage ecounter weekends can be held. Now in its third year, the center is filled every weekend and booked months in advance. Pavilions have been built around the center's 100-acre site, and these can be reserved for a small fee for reunions or similar gatherings. Many families are enriched by using these facilities.

The center also includes several physically separate subprograms. One is an emergency shelter for families whose homes burn down. This is a service particularly adapted to the needs of the Region with its many woodstove-heated frame houses. A spouse abuse program, providing temporary shelter and marital counseling by a husband/wife team, helps couples to eliminate violence in their relationship, and a group home for adolescent boys involves the residents' families in a program to eliminate undesirable behavior among the youngsters and return them to the family and community. A residence for senior citizens is being built adjacent to the group home, and plans are being made for joint adolescent/elderly activities.

This center, the combined programs of which are budgeted at about $300,000, meshes with other CAP programs, such as five "attic stores" where used or imperfect clothing is sold at nominal prices, employment projects which enable isolated families to earn money, small business loan programs for local residents, and an annual weatherization project which supplies materials and labor for home repairs and improvements.

48. FamilyTime: A Revolutionary Old Idea

Contact: Gerry Bueker
The Million Dollar Roundtable
1350 Chambers Rd.
Aurora, Colorado 80011
(303) 752-1882

Nominated by: ACYF Region VIII

The "revolutionary old idea" at the heart of this handsome paperbound book is a simple one: All family members can benefit from quality time spent in shared family activities--working, playing, or just talking. FamilyTime is written to present that idea persuasively in a format that is easy to read, and to offer families suggestions on how to change the ways they spend time together.

Instead of giving a recipe for family togetherness, the author provides hundreds of brief suggestions which can be developed more completely by the family according to their own preferences, resources, and needs. The book makes two requests--that its users try spending more time as a family, and that they then share the book and the idea with friends and neighbors.

The FamilyTime project began with the goal of encouraging families to become closer. The sponsoring organization, a life insurance industry group, convened an advisory panel to clarify the goal and develop strategies. After deciding on a single publication, the group chose an author and a design firm to produce a booklet which would present the idea to families in a persuasive, compelling manner.

The book's success resulted in a recent decision to produce a slide show. The new effort will present the same material in a different format, making it appropriate for use with community groups and other audiences.

49. The Living Center for Family Enrichment

Family and Children Services
of Kansas City, Inc.
3515 Broadway, Suite 203
Kansas City, Missouri 64111
(816) 753-5325

Contact: Robert L. Hartman, Director
and
J. R. Majors, Executive Director
Family and Children Services
(816) 753-5280

Nominated by: The Family Service Association of America

The Living Center is devoted to families who are not in trouble and do not intend to be. With an emphasis on cutting the costs and complexity of treatment services while increasing family stability and strengthening relationships, this program maintains an upbeat approach to the problems of modern family life.

The basic activities of the Living Center are:

- Marriage Enrichment--a series of workshops, retreats, and support groups that inject new understanding into marriage; led by expertly trained husband-wife teams, with an emphasis on positive experience.

- Growth in Marriage for Newlyweds--a series of programs revolving around different marriage skills; also taught by specially trained husband-wife teams working with clergy.

- Uprooted Program--project providing support groups and information about Kansas City to newcomer families.

- Parenting Program--public television program, the "Footsteps" series, teaches powerful new parental skills to help children reach their full potential as individuals and family and community members. Nationally acclaimed "Footsteps" videotapes are shown at schools, churches, and business and organization meetings, followed by group discussions led by the Living Center Staff.

- Plays for Living--a series of 30-minute dramatizations presenting unresolved family conflict situations followed by lively discussions with the audience (led by volunteers).

In 1980, over 32,000 people were served by volunteers and staff. The yearly budget is about $160,000.

50. Nutrition Party Plan

Expanded Food and Nutrition Education Program
North Dakota Cooperative Extension Service
Box 5016, State University Station
Fargo, North Dakota 58105

Contact: Dr. Sue Fowler
Assistant Director, Home Economics
(701) 237-7251

Nominated by: North Dakota Cooperative Extension Service

The Expanded Food and Nutrition Education Program (EFNEP) seeks to improve the diets of low-income families through guidance in diet and food buying, care, and preparation. In their search for ways to reach a new audience with their presentations on meal planning, food purchase, and preparation, this project's staff chose as a model the successful parties conducted by kitchenware sales organizations.

The plan is a simple one. One individual is recruited to be a party hostess; the hostess assists in finding from six to 10 friends and neighbors who are interested in attending the party; the hostess receives a special gift as an incentive; all guests receive a "door prize," and other prizes may be won in a variety of party games. Once gathered, the group is presented with a "sales pitch"--in this case, a demonstration/lecture on nutrition.

The project contacted local food stamp center staff members to assist in recruiting participants. They obtained permission for the project staff to approach people in the center and put up signs about the project. Local merchants were asked to donate merchandise for gifts and prizes. They responded slowly but eventually became enthusiastic. Some chose to donate gift certificates redeemable at their stores, thus bringing the recipients into their businesses.

A special program assistant was assigned to the project fulltime and another, halftime, to ensure that community contacts were properly handled. Hostesses were helped to prepare for the parties, and detailed plans for each party were developed to include games keyed to the demonstration/lecture to be presented.

The program received $24,000 in special funding from the Extension Service, USDA, for its first year. Continuation will require a less intense effort, and the program will be incorporated into the responsibilities of the regular staff at the pilot site. During the first year, in an area in which 680 households receive food stamps, 196 women participated in the program.

51. Planned Parenthood of Fresno

633 North Van Ness
Fresno, California 93728

Contact: Lorraine (Lori) Foster
(209) 486-2411

Nominated by: Planned Parenthood

This agency's Saturday morning programs help Fresno parents discuss sex and birth control with their 9- to 13-year-old children. The first program to be developed was a 3-hour offering for mothers and daughters titled, "Young and Female." The program's success led to two similar efforts, "Growing up Male" for fathers and sons and a modification of that program for single parent mothers and sons.

Segments of each program focus on parent/child relationships, reproductive anatomy and physiology, and childbearing. Films and exercises are used to encourage discussion, and a question box offers shy participants an anonymous way to ask difficult questions.

Following joint parent-child activities, parents and children form separate groups. Children continue activities which review information, while parents discuss their experiences with their own parents related to sex education. A final group session is held for all participants to discuss any remaining questions.

Parents and children have been positive about the program. They appreciate reviewing information that they may or may not have learned before, and they find that conversations about sex are easier in a shared parent/child experience.

52. Volunteer Paraprofessional Marital Counseling Program

Community Life
38 First Street
Patchogue, New York 11771

Contact: Cecil Fallon
(516) 654-1919

Nominated by: National Conference of Catholic Charities

The Marital Counseling Program is a service staffed by volunteer married couples who, under supervision, help other married couples in dealing with marital and family problems. The volunteer aspects of this program, as opposed to a professionally staffed one, seem to make it less threatening and, therefore, more effective for the client couples. Both the documented attendance and success rate of the program seem to support this belief.

The service is situated in the Township of Brookhaven, N.Y., in Suffolk County, Long Island. The population of this town consists of a variety of minority and ethnic groups, plus a large concentration of post-hospitalized mental health patients. Brookhaven, like many northeastern towns, has a high rate of unemployment as well as high inflation. The problems that arise in an area like this include parent/child, marital, familial, as well as financial difficulties in families. The counseling service is especially sensitive to these areas.

The couples who volunteer for this service undergo an initial training program, and also receive on-going supervision from a professional social worker employed by the agency. The couples are convinced that supervision gives them the reassurance they need in order to provide effective service. Most of them feel that their own successful marriage and families enable them to share positive experiences with others. Except for supportive services, the program is cost free. Each volunteer couple serves approximately three other couples. Both the volunteers and client couples are referred by the Marriage Encounter Program and word of mouth recommendations.

This program has been presented at a national conference, and has received favorable responses as well as numerous requests for information. It is easily adaptable to many community settings and could be developed across the country. It has already been replicated in seven nearby regional offices. The group believes that replication of this program is especially attractive because it provides a human service which meets the needs of society, without the necessity of public funding.

53. We Can Weekend

North Memorial Medical Center
3220 Lowry Avenue North
Minneapolis, Minnesota 55422

Contact: Cathy Birendts, RN, BSN
Cancer Education Coordinator
(612) 588-0616

Judi Johnson, RN, Ph.D.
Cancer Services Coordinator

Nominated by: American Cancer Society

When a family member has a chronic illness, the entire family is affected. Many health care personnel are beginning to focus their efforts upon caring for the family unit rather than singling out the patient as the only one who needs care.

We Can Weekend is a program in which 12-25 families in which there is a cancer victim attend a weekend in Little Falls, on the grounds of an old school. Recreational activities include sports, singing, exercises and movement dealing with stress, art, and art therapy. The weekend's staff of 20-25 people is an all volunteer group, including nurses, physicians, social workers, physical therapists, educators, and art therapists. Contacts are made and supportive networks initiated while families play together and discover alternative ways to express feelings.

Early results of an impact study show that the We Can Weekend positively affects the participants. Families have shown an overwhelmingly positive response to the weekend.

The overall cost is $2,200 to $2,300 per weekend ($351 per family), which has been funded, to date, by General Mills.

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